



UNIVERSITY
OF WOLLONGONG
AUSTRALIA

University of Wollongong
Research Online

Faculty of Science, Medicine and Health - Papers

Faculty of Science, Medicine and Health

2013

A comprehensive coordinated approach to increasing physical activity in afterschool programs

Morgan Hughey

University of South Carolina

R Glenn Weaver

University of South Carolina

Falon Tilley

University of South Carolina

Rahma Ajja

University of South Carolina

Rohan Shah

University of South Carolina

See next page for additional authors

Publication Details

Hughey, M., Weaver, R. Glenn., Tilley, F., Ajja, R., Shah, R., Winnicka, D., Webster, C. A., Beighle, A., Pate, R. R., Saunders, R. & Beets, M. W. (2013). A comprehensive coordinated approach to increasing physical activity in afterschool programs. *Research Quarterly for Exercise and Sport*, 84 (S1), A66-A67.

Research Online is the open access institutional repository for the University of Wollongong. For further information contact the UOW Library:
research-pubs@uow.edu.au

A comprehensive coordinated approach to increasing physical activity in afterschool programs

Abstract

Abstract of poster that presented at 2013 AAHPERD National Convention & Exposition, Charlotte, NC , 23-27 April 2013.

Keywords

approach, increasing, comprehensive, physical, coordinated, activity, afterschool, programs

Disciplines

Medicine and Health Sciences | Social and Behavioral Sciences

Publication Details

Hughey, M., Weaver, R. Glenn., Tilley, F., Ajja, R., Shah, R., Winnicka, D., Webster, C. A., Beighle, A., Pate, R. R., Saunders, R. & Beets, M. W. (2013). A comprehensive coordinated approach to increasing physical activity in afterschool programs. *Research Quarterly for Exercise and Sport*, 84 (S1), A66-A67.

Authors

Morgan Hughey, R Glenn Weaver, Falon Tilley, Rahma Ajja, Rohan Shah, Daria Winnicka, Collin A. Webster, Aaron Beighle, Russell R. Pate, Ruth Saunders, and Michael W. Beets



[Start](#) | [Personal Scheduler](#)

A Comprehensive Coordinated Approach to Increasing Physical Activity in After-School Programs

Thursday, April 25, 2013

Exhibit Hall Poster Area 2 (Convention Center)

Morgan Hughey¹, R. Glenn Weaver¹, Falon Tilley¹, Rahma Ajja¹, Rohan Shah¹, Daria Winnicka¹, Collin A. Webster², Aaron Beighle³, Russell R. Pate¹, Ruth Saunders¹ and Michael W. Beets¹, (1)University of South Carolina, Columbia, SC, (2)University of Wollongong, Australia, (3)University of Kentucky, Lexington, KY

Background/Purpose Afterschool programs (ASPs) are an important setting to increase moderate-to-vigorous activity (MVPA) of children. Policies exist that explicitly target MVPA in the ASP setting. Unfortunately, the majority of children fail to accumulate sufficient amounts of MVPA while attending ASPs. Strategies to increase children's MVPA in ASPs, therefore, are needed. The purpose of this study was to describe the impact of a comprehensive and coordinated approach to improving child MVPA in ASPs.

Method Four large scale ASPs serving ~500 children participated in a quasi-experimental pre-post study. Observation (System for Observing Play and Leisure Activity in Youth) of child activity levels were collected on 4 nonconsecutive, unannounced days during baseline (Fall 2011) and post-intervention (Spring 2012). The intervention (January-April 2012) consisted of: policy implementation, professional development training, on-site booster sessions and ongoing technical assistance.

Analysis/Results MVPA was classified as the "vigorous" SOPLAY category. Random-effects regression models examined the impact of the intervention on the proportion of boys/girls observed in MVPA or sedentary. A total of 4,525 observations were collected. At baseline, 16.1% and 11.4% of boys and girls, respectively, were engaged in MVPA compared to 20.1% and 17.2% at post-intervention. Additionally, at post-intervention, observations demonstrated a decrease of ~10% in sedentary behavior for boys and girls

Conclusions The comprehensive and coordinated approach implemented over 4 months can lead to important changes in the proportion of children in MVPA while also reducing sedentary behavior. Further exposure to the comprehensive approach has the potential to help ASPs meet MVPA goals outlined in policies.

See more of: [Poster Session: Foundations for Quality of Life—Health, Leisure, and Physical Activity](#)

See more of: [Research Consortium](#)

[<< Previous Abstract](#) | [Next Abstract >>](#)